



The Center Post

November
December
2023

Your Guide to the Services, Programs, and Activities of The Shepherd's Center of Kernersville

purpose

compassion

ENRICHMENT

life

Don't Miss Giving Tuesday and Our End of Year Giving Campaign!

As we approach the holiday season, it's that wonderful time of year when we come together to give back and make a meaningful impact in our community. Giving Tuesday is just around the corner, and we are thrilled to invite you to be a part of this global day of generosity on November 28. Giving Tuesday also marks the beginning of our End of Year Giving Campaign. This campaign extends throughout the holiday season, providing you with opportunities to support our mission beyond November 28. It's a time when many consider their end-of-year charitable giving, and we hope you'll choose to make a meaningful impact by supporting us.

What is Giving Tuesday and the Year End Campaign?

Giving Tuesday, often stylized as #GivingTuesday, is a worldwide movement that encourages people to engage in acts of kindness and generosity. It falls on the Tuesday following Thanksgiving and serves as a powerful reminder of the importance of giving back amidst the hustle and bustle of the holiday season. Our Year End Campaign is our annual fundraiser that takes place in the last month of the year. This campaign like the rest of our fundraisers is crucial to supporting our organization financially so that we may continue to champion the health and well-being of our service population.

Ways to Be Involved

Joining Giving Tuesday and the Year End Campaign is easy:

Make a Donation: Consider making a tax-deductible contribution to our organization on Giving Tuesday or to the Year End Campaign. Your generous support helps us continue our vital work in the community. You can make donations online, in person or over the phone.

Spread the Word: Use your voice and social media platforms to raise awareness about Giving Tuesday and our organization's mission. Share your reasons for giving and inspire others to do the same.

Volunteer: If you have the time and energy to spare, consider volunteering with us. Your time and skills can make a significant difference in the lives of those we serve.



Year-End Fundraising Campaign

Coming Together for a Strong Finish

The Shepherd's Center of Kernersville (TSCK) represents far more than just bricks and mortar; it embodies the essence of home. A place where our mission is driven by a commitment to *Purpose, Compassion, Enrichment, and Life*. TSCK stands as a haven where older adults and those with disabilities can age gracefully.

The concept of "home" within TSCK looks different for everyone who walks through our doors.

- It is home for recent retirees eager to give back and continue their life's journey with purpose through meaningful volunteer opportunities.
- It is home for older adults who are searching for their next hobby or passion.
- It is home for homebound individuals who need our transportation service to make it to critical medical appointments.
- It is home to widows and widowers who are navigating life after the loss of their loved one.

Our goal is to raise **\$35,000** before the end of the year. We humbly ask for your consideration in donating to support us in our Year-End Fundraising Campaign so that we may continue to provide for older adults and those with disabilities.

Your contribution ensures that the most vulnerable of our community are safe and taken care of.



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We ask that you partner with us by giving at one of the levels below.
Your outstanding commitment to those most in need will be recognized both in
the organization and throughout the community.

Daily Donor: \$365

(\$1 a day)

Committed Donor: \$1,800

(\$150 a month)

Grand Donor: \$5,000 or more



Every donation, regardless of the amount, is appreciated!

You can give by:

- Completing the form below and mailing it in the enclosed envelope;
- Making an online electronic donation at www.shepctrkville.com;
- Scanning the QR code above;
- Contacting us at (336)-996-6696 to donate over the phone.

**Don't forget you can make your contribution a monthly recurring donation that will help
support The Shepherd's Center of Kernersville all year long!**

.....

Your Name: _____

Address: _____

City/State/Zip: _____

Phone: _____

Email: _____

Your Donation Amount:

☐ Daily

☐ Committed

☐ Grand

☐ Other: _____

I make this donation in _____ honor of/in
the _____ memory of:

Send the acknowledgement to:

Name: _____

Address: _____

Monthly Recurring Donation:

Yes _____ No _____

Thomas Canterbury
Dir. of Fundraising

Lynne Garms
Exec. Director

Mindy Grubbs
Year End Giving Chair

Lisa Bugg
President, B.O.D.

Thanksgiving Blessings Volunteers Needed

We are utilizing the Holy Cross Thanksgiving Meal Voucher program this year and hoping to deliver 40-45 meals on Thanksgiving Day to our Friendly Caller service recipients. ***Volunteers are needed*** on Thanksgiving Day to pick up and deliver lunch or dinner meals from C&H Cafeteria to our recipients. We will also be packing Blessing Bags ahead of time to be delivered with the meals. **Please contact Claire at 336-996-6696 for details about volunteering to pack bags or deliver meals on Thanksgiving Day.**

Vital Role of Volunteer Drivers

In today's fast paced world, where transportation is often taken for granted, it's easy to overlook the significant number of people who lack access to reliable transportation. Whether due to age, disability, or economic constraints, many individuals find themselves isolated, unable to participate fully in society. Volunteer drivers play a crucial role in bridging this gap, providing more than just rides; they offer a lifeline, a connection to the wider community, and a renewed sense of independence.

If you would like to play a role in this need in our community, please call us to sign up as a volunteer. Our volunteers assist with medical appointments, running errands, delivering durable medical equipment, and assist with rides to/from our enrichment programs on a limited basis. For many elderly or disabled individuals, these services are not just convenient but life-sustaining. The interactions that our volunteers engage in foster a sense of belonging and emotional well-being.

We ask you to consider connecting with us to learn more about volunteering for this essential need in our community. **Apply on our website or stop by our office to fill out an application.**

Holiday Angel Tree Deliveries

This year our goal is to support **100** of our homebound service recipients with Christmas gifts. Last year we supported over 80 recipients with the aid of several community groups. We have increased our goal this year and you can help make our goal a success by volunteering. **Drivers are needed! Put on your Santa hat or elf ears to help any time from December 18 - 21 to deliver presents. Please contact Claire for details and to volunteer: Claire@shepctrkville.com**

The Generosity of Carmine's Import Service Led to New Programs

On March 18, 2020, Carmine Cupani with Carmine's Import Service reached out to Chris Comer (CEO, Kernersville Chamber of Commerce) expressing the desire to assist older adults at the start of the COVID pandemic. His message **"We want to offer complimentary senior citizen medication and grocery pickup and delivery in our area. Can you help get this out?"** was forwarded to Lisa Miller, our Senior Center Director. Lisa connected Carmine with our Volunteer Services Manager and our Personal Shopper service began. Through the pandemic, we were able to utilize Carmine's team to get groceries and pharmacy orders fulfilled for those in need. Soon after, two local churches, The Summit and Mercy's Well volunteers learned about the service and began assisting as well. The service has continued to grow and expand since March 2020 and has evolved into what we now call **Personal Shopper**.

From this service, we also saw a growing need for community connection and engagement for these service recipients. This special group of aging or disabled adults, who are home-bound, are often without close family or community ties and are often isolated and forgotten. The Personal Shopper and Visitation volunteers began to recognize a growing need for community connection with these individuals. Along with our Volunteer Services Manager, they began to develop other ways to reach and bless these special recipients, and The **Blessing Project** was born.

The Blessing Project volunteers procure, arrange, and deliver seasonal meals, gifts, goody bags, and other necessities to our homebound service recipients. This includes Holiday Angel Tree in December, home delivered meals at Thanksgiving and Valentine's Day, a Blessing Box household items in the summer, and a Spring Gift Basket at Easter.

Mr. Cupani's generosity and community spirit led to so much more than he may have imagined. **Since March 18, 2020, we have served 102 different individuals with nearly 1,000 errand fulfillments (primary grocery and pharmacy pickups) and served 120 individuals with 342 Blessing Project deliveries.**

Need Help with Your Computer, Tablet, or Cellphone ?

Get expert help for Google Docs, Microsoft Office, Facebook, Twitter, Instagram and other platforms as well as technical assistance. Whether you are struggling to manage your social media accounts or need assistance with online document creation, we have got you covered! Our team of volunteers can provide assistance and answer any questions you may have. **Call 336-992-3180 today to learn more or to set up an appointment.**

Pickleball Training Courts

By Reservation Only

Monday – Friday, 8:30 am – 3:30 pm

Now available for practice and playing pickleball. The indoor and outdoor courts are smaller than a regulation court. You must bring your own paddles and balls. No walk-ins are allowed. **Call to reserve practice/play time: 336-992-3180.**

AARP Tax Volunteers are Needed for 2024 Tax Season

AARP Foundation Tax-Aide provides in-person and virtual tax assistance to anyone, free of charge, with a focus on taxpayers who are over 50 and have low to moderate income. This past tax season, we helped over 800 people in the Kernersville area, with those getting refunds averaging just over \$1,250. We are looking for more volunteers to help us serve more people in the community.

We need volunteers to serve as Client Facilitators (Intake). Volunteer at least four hours per week during tax season.

Client Facilitators help older taxpayers feel welcome and at ease by greeting them, gathering and organizing their paperwork, and describing the tax prep process. They help ease the stress of tax season for low to moderate income people who are age 50+. Experience is not necessary; we will provide training and IRS certification.

Requirements: detail-oriented, desire to help others and must attend training in December (on-line) and January (one half-day face to face).

If you are interested in volunteering for the Tax-Aide program, or if you want more information, please contact Bill Dreshfield (Phone 336-310-9007) or Email TaxAide.Kernersville@gmail.com

Letters From Santa

We have a potential opportunity to brighten a child's day by writing letters FROM Santa. Volunteers are needed for a fun activity where we respond to letters from children written to Santa.

Must have computer skills and be able to type and enter data in a form letter! All letters will be typed, NOT handwritten. **Contact Lisa at 336-992-3180 before December 1st if you are interested in this opportunity.**

New Schedule for Monday Dance Classes Due to Biannual Time Change

Beginning Monday November 6, 2023, will "fall back" by 30 minutes.

Beginner Line Dance · 11:15 - 12:30

Intermediate Line Dance · 12:45 - 2:15

Square Dancing · 2:30 - 4:30

The Cold and Flu Season is Upon Us!

If you are not feeling well, please be considerate of others and stay home until you are feeling better.

Please practice safe hygiene and prevent the spread of illness: Cover your mouth with a tissue, your sleeve, or the inside of your jacket if you cough or sneeze, wash your hands, don't share personal items, clean/disinfect surfaces in your home, and avoid close contact with others if you are unwell or if they are unwell.

Join Our Team!

Are you looking for a fulfilling way to give back to your community? We are seeking 1-3 passionate and dedicated individuals to join our team as part-time program office volunteers. By volunteering with us, you can make a difference in the lives of adults and contribute to creating a vibrant and supportive community.

Volunteers will work in an office setting for 3-4 hour shifts Monday-Friday to assist with programming office duties. Computer, office, and customer service skills and experience are required. Physical work includes standing and sitting for long periods of time, lifting 10-20 lbs regularly, and assisting with table and chair setups for programs. Applications can be filled out at our front desk or online on our website. If you have any questions or are interested, please contact Claire Winfrey at 336-996-6696 or email claire@shepctrkville.com.





November 2023 Calendar

The Shepherd's Center of Kernersville - Senior Center
636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:30 - Bridge 10:00 - Stretch & Flex 10:00 - Cards by Robin (2nd Mon.) \$12 Kit Fee 11:00 - Caregiver Support Group (2nd and 4th Monday) 11:15 - Beginner Line Dance \$6 12:00 - Pinochle 1:00 - Tating on <i>Zoom</i> 12:45 - Intermediate Line Dance \$6 1:00 - Ukulele Troupe\$ 2:30 - Ukulele Lessons\$ 2:00 - Chair Yoga II \$5 2:30 - Advance Square Dance \$6	9:30 - Bee Quilters 10:00 - Music Jam Session 10:00 - Stretch & Flex 11:30 - Hand & Foot 12:30 - Bridge 12:30 - Bridge Day (3rd Tues) 1:00 - Books Ignite Book Club (3rd Tues) 2:00 - Cardio Drumming	9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation 10:00 - American Sewing Guild Fee \$ (3rd Wednesday) 10:00 - Games & Conversation 10:00 - Tai Chi \$5 12:00 - American Sign Language Practice 12:00 - Open Watercolor Studio 12:30 - Mah Jongg 1:00 - Basket Weaving \$ 1:00 - Bowling at Countryside Lanes \$9.50 shoe rental/3 games	9:30 - Pickleball Lessons\$ 10:00 - Euchre 10:00 - Needle Arts 10:00 - Stretch & Flex 12:00 - Pinochle 12:30 - Newcomers & Neighbors Bridge 3 rd Thurs 1:00 - Chair Yoga I \$5 1:00 - Dominoes 2:15 - Beginner Square Dance \$6 4:00 - TedderBear Stamping Y ouTube Live (2nd & 4th Thurs.)	9:00 - 12:00 Computer Lab by Appt. Only \$5 Donation 9:00 - 3:30 pm Sit-n-Stitch (3rd Fri.) 10:00 - Rubber Stamping Mona (2nd Fri.)\$ 10:00 - Bingo (Bring 2 prizes and win 2 prizes) 11:30 - Hand & Foot 1:00 - Movie Matinee (2nd Friday)
WEEKLY PROGRAMS				
\$ = Supply and/or Instructor Fees Call 336-992-3180 for More Information				
6 9:30 - Beginner Acrylic Painting Lessons \$ 5/6	7 9:30 - Thank a Veteran Drop-in Event 1:00 - Quilting Lessons\$ 4/5	8 9:00 - Gratitude Expedition 11:30 - Lunch Bunch at <i>Chipotle Restaurant</i> \$ 1 :00 - Slice of Pie Box Craft \$4 2:00 - Pick & Play Dulcimer Players	9 9:00 - SHIP Counseling for Medicare 9:30 - Beginner Bridge Lessons	10 1:00 - Movie Matinee:, Call for Movie Title 336- 992-3181 2:00 - Self Defense Class (first session)
13 9:30 - Beginner Acrylic Painting Lessons \$ 6/6 2:00 - Senior Financial Care and Scams	14 1:00 - Quilting Lessons\$ 5/5 2:00 - Loom Knitted Hat 1/3	15 9:00 - Gratitude Expedition 2:00 - Pick & Play Dulcimer Players 12:00 - Memory Screening By Appt. Only	16 3:00 - Healthy Holiday Dining 9:30 - Beginner Bridge Lessons	17 11:30 - Thanksgiving Covered Dish Lunch 2:00 - Self Defense Class (second session)
20 1:00 - Slinky Pumpkins \$5	21 2:00 - Loom Knitted Hat 2/3	22 9:00 - Gratitude Expedition 2:00 - Pick & Play Dulcimer Players	23 Closed Thanksgiving Holiday	24 Closed Thanksgiving Holiday
27	28 2:00 - Loom Knitted Hat 3/3	29 9:00 - Gratitude Expedition 2:00 - Pick & Play Dulcimer Players	30 9:30 - Beginner Bridge Lessons	
SPECIAL PROGRAMS				



December 2023 Calendar

The Shepherd's Center of Kernersville - Senior Center
636 Gralin St. Kernersville, NC 27284 Call: 336-992-3180

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\$ = Supply and/or Instructor Fees Call 336-992-3180 for More Information				
SPECIAL PROGRAMS 4 1:00 - Snowy Mason Jar \$5	5 9:30 - Drop-in Blood Pressure Screening 2:00 - NCDOT Update	6 11:00 - Sugar Scrub and Papercraft Ornament \$4 2:00 - Pick & Play Dulcimer Players	7 9:30 - Beginner Bridge Lessons 1:00 Caregiver Info and Options Onsite & Zoom	1 12:00 - Fun with Rock Painting & Brown Bag Lunch
11 1:00 - Adult Protective Services	12 12:30 - Chili Cook-Off 2:00 - Cookies and Carols	13 11:30 - Lunch Bunch at Panera Bread \$ 2:00 - Pick & Play Dulcimer Players 3:00 - Holiday Healthy Eating	14 9:30 - Beginner Bridge Lessons 10:00 - Pen Pals 1:00 - Easy Yarn Gnome	8 10:00 - Coping with the Holidays Workshop 1:00 - Movie Matinee Call for Movie Title
18 Closed for the Holidays	19 Closed for the Holidays	20 2:00 - Pick & Play Dulcimer Players	21 9:30 - Beginner Bridge Lessons	22 Closed for the Holidays
25 Closed for the Holidays	26 Closed for the Holidays	27 2:00 - Pick & Play Dulcimer Players	28 9:30 - Beginner Bridge Lessons	29 1:00 Year End Social and Vision Board Sponsor: Oak Street Health

November/December 2023 Program Guide

Let's Play Bridge

New Time! Mondays at 9:30 am

Tuesdays at 12:30

3rd Thursday at 12:30 pm

Looking for partners to play bridge? Look no further! Bridge is a fun activity that offers challenging puzzles to solve, all while competing in a friendly environment. Whether you're a beginner or an experienced player, practicing bridge can help you improve your skills and learn from the best.

Pick & Play Dulcimer Players

Wednesdays, Nov. 1 - Dec 6, 2:00 pm

Whether you are a beginner or an experienced dulcimer player, you can join us! This is a great opportunity to share your talents and learn from others. Don't hesitate to invite your friends to join us. **RSVP two business days in advance by calling 336-992-3180.**

Beginner Bridge Lessons

Thursday, Nov. 2 - Dec. 28 at 9:30 am

Join us for Judy Hedin's 8-week beginner bridge lessons. Perfect for those who have little knowledge. Challenge your brain power and have fun while learning. Must have 4 or 8 players. **RSVP two business days in advance by calling 336-992-3180.**

Pickleball Lessons

Thursday, November 2 – 30 at 9:30 am

This 4-week course will cover the basics of Pickleball rules: safety, dinking, serving, etiquette on the court, and more. Pickleball balls will be provided for use during class time. Practice will be indoors or outdoors on a modified court. Bring a bottle of water and wear comfortable clothing and tennis shoes. A pickleball paddle is helpful but not required. **A \$20.00 (cash only) instruction fee is due on the first day of class. Register for the 4-week session by calling two business days in advance at 336-992-3180.**

Blood Pressure Screening

by Winston Salem State University Interns

Thurs. November 2, 12:30 – 2:30 pm

Drop-in and meet Winston Salem State University interns for a free blood pressure check.

SHIIP Counseling - Medicare Open Enrollment Period (by appointment only)

- **Friday, November 3**

- **Thursday, November 9**

A Seniors' Health Insurance Information Program (SHIIP) counselor will meet with you at The Shepherd's Center of Kernersville (636 Gralin Street) to help navigate the Medicare website, compare Medical and Prescription Drug Plans, and complete enrollment in a new plan if necessary. You must have the following items with you: ORIGINAL Medicare card and Medicare Advantage or Prescription drug plan card and a list of current prescriptions including dosage. **Call 336-992-3180 to schedule your appointment.**

Brain Games

Friday, November 3 at 1:00 pm

Winston Salem State University interns are ready to lead a series of games designed to put your mind to the test and help you improve cognitive functions like memory, critical thinking, and problem solving skills.

RSVP two business days in advance by calling 336-992-3180.

Thank a Veteran Drop-in Event

Tuesday, November 7, 9:30 – 1130 am

This Veterans' Day let us take time to appreciate and thank those who have served our country. Stop by and join us in writing a heartfelt note to a veteran. These handwritten notes will be personally delivered to local veterans in time for Veteran's Day on Saturday, November 11. Thank you to all veterans for your service and dedication to our country.

Thanksgiving Gratitude Expedition: Embarking on a Journey of Joy!

Onsite or Zoom

Thursday, November 8 - 29 at 9:00 am

Join this four week Gratitude Expedition, hosted by Health and Wellness coach Ekeoma Igboegwu. Whether on *Zoom* or in person at The Shepherd's Center, this interactive workshop is designed to help you rediscover the joy in life's simple moments. Engage in activities and discussions that will not only spark your gratitude but also unravel health benefits and practical strategies for a positive and fulfilling lifestyle. **RSVP two business days in advance by calling 336-992-3180 or for Zoom link.**

Lunch Bunch

Chipotle Restaurant, 1020 S Main G

Wednesday, November 8 at 11:30 am

Make plans and get to know other with light conversation while enjoying lunch at a local restaurant. Bring money for your lunch. Limited seating. **RSVP two business days in advance by calling 336-992-3180.**

***Slice of Pie Box* Papercraft Class**

Wednesday, November 8 at 1:00 pm

In this papercraft workshop, you will learn how to make a *slice of pie box* to impress your holiday guests or give as a thoughtful hostess gift. You will be provided with a pattern to take home and customize the design to your liking. If time permits, you can also create a cute paper pumpkin centerpiece or decoration. **\$4.00 (cash only) supply fee due and RSVP two business days in advance: 336-992-3180.**

Senior Financial Care® (SFC) & Scams Monday, November 13 at 2:00 pm

Join Deborah Litaker to discover how Senior Financial Care (SFC) can help you or someone you know (over age 60) better manage their finances. Counselors assist with bill paying, debt counseling, insurance claims, and other financial needs. Additionally, Deborah Litaker and John Server will challenge attendees by role-playing scam scenarios. It will be up to you to identify the real scammer. **RSVP two business days in advance by calling 336-992-3180.**

Self-Defense Classes– Krav Maga Friday, November 10 & 17 at 2:00 pm)

First Session, November 10:

Instructors Rocky and Rick will demonstrate the simple principles, instinctive movements, and practical techniques of the Krav Maga self-defense system. Do not miss out on this opportunity to learn the skills you need to protect yourself from harm. Join us and become empowered.

Second Session, November 17:

Gain confidence, peace of mind, and life-saving skills by practicing techniques with Rocky and Rick. Remember to wear closed toe shoes and comfortable, loose clothing for the role-play. Learn how to prevent, deal with, and overcome various situations that can jeopardize your safety. **RSVP by November 8 for both sessions by calling 336-662-3180.**

Loom Knitted Hat

Tuesday, November 14, 21 & 28, 2:00 pm

Skip buying a hat and sign up for Barbara's 3-stage knitting classes instead. You will learn how to knit and switch colors using a loom. Top it off with a handmade pom-pom made of yarn. Best yet, all supplies are included free of charge. Do not miss this opportunity to learn a new skill and have a cozy new hat to show off! **RSVP two business days in advance by calling 336-992-3180.**

Memory Screening

Wed. November 15, 12:00 - 4:00 pm

(by appointment only)

Sponsored by Home Loving Care

Are you concerned about memory problems? Please join us for this annual November initiative of the Alzheimer's Foundation of America. Take advantage of this free, confidential memory screening. **Schedule a screening two business days in advance by calling 336-992-3180.**

Thanksgiving Covered Dish Lunch

Friday, November 17 at 11:30 am

It is Thanksgiving and time to gather together be thankful for our services, programs, and participants. Bring a dish with enough to share (entrée, appetizer, side dish or drink). **RSVP by calling 336-992-3180 two business days in advance.**

Slinky Pumpkins

Monday, November 20 at 1 pm

Create an easy pumpkin craft with Marlise. She will lead the class in hand-crafting slinky pumpkins as a great addition to your autumn home décor or fall tiered tray. They are also perfect if you are looking for autumn decor that doesn't take up too much space. **RSVP by calling 336-992-3180 and supply fee \$5.00 (cash only) due at the Center by November 15 .**

Fun with Rock Painting and Brown Bag Lunch

Friday, December 3, 12:00 – 3:00 pm

Join us and bring a brown bag lunch as we paint designs on rocks. Then leave them somewhere to be found and enjoyed by others. The class size is limited to 10 people. Call early to reserve your spot. **The class fee is \$3.00 per person to help offset the cost of supplies. RSVP by calling 336-992-3180 two business days in advance.**

Snowy Mason Jar

Monday, December 4 at 1:00 pm

This enchanting snowy DIY mason jar centerpiece is one of the easiest winter and Christmas mason jar crafts ever. They are perfect for holidays and beautiful enough for winter wedding decorations. **RSVP by calling 336-992-3180. Supply fee \$5.00 (cash only) due at the Center by November 27.**

Coping with the Holidays Workshop

Friday, December 8 at 10:00 am - 11:30 am

The holidays can be a difficult time for those grieving the death of a loved one. This workshop will provide grief education, support, and strategies for navigating holiday goals and plans. **RSVP two business days in advance by calling 336-992-3180.**

Blood Pressure Screening by Novant Health

Tues. December 5 at 9:30 am – 12:30 pm

Drop-in and meet Dave McGinnis, Novant Health's Stroke Program Coordinator for a free blood pressure check.

NCDOT Update

Tuesday, December 5 at 2:00 pm

Join Pat Ivey, NCDOT Division 9 Engineer as he provides updates and new details about current construction and future road and transportation projects in and around Kernersville. A question and answer session will follow his presentation. **RSVP two business days in advance by calling 336-992-3180.**

Sugar Scrub and Papercraft Ornament

Wednesday, December 6 at 11:00 am

Get into the festive spirit by learning how to make a sugar scrub that is perfect for gifting this holiday season! You will make a papercraft ornament to keep or give as a gift. Bring a 2 or 4 oz jar with a lid. and **RSVP by calling 336-992-3180 and \$4.00 (cash only) supply fee due two business days in advance**

Caregiver Information & Options Onsite and Zoom

Thursday, December 7 at 1:00 pm

LaTonya Smith of the Area Agency on Aging of Forsyth County is conducting a session for family caregivers to provide information on the Family Caregiver Support Program, various community resources, and available options for assistance. This session aims to help caregivers get the support they need in their caregiving journey. **Call to RSVP at 336-992-3180 two business days in advance and to get a Zoom link if needed.**

What is Adult Protective Services?

Monday, December 11 at 1:00 pm

Adults with disabilities may be vulnerable to abuse, neglect, and exploitation. What does this look like? What do you do? When do you call for help? Social services receives concerns and evaluates reports to determine whether those adults are in need of protective services. Come learn more about these services and how to support others in need. **RSVP two business days in advance: 336-992-3180.**

Chili Cook-Off

Sponsored by Always Best Care

Tues. Dec. 12 at 12:30 pm – 2:00 pm

How is your chili? Mild and savory, hot and fiery, or somewhere in between? Bring your famous (or infamous) chili in a crockpot for our judges to taste. May the best batch win! 1st, 2nd, and 3rd prizes will be provided by ***Always Best Care***.

Not competing but want to join in on the taste testing after judging? Bring your favorite chili side dish or topping such as saltine crackers, cornbread, shredded cheese, chopped onions, tomatoes, olives, sliced jalapenos, sour cream, etc. **RSVP by calling 336-992-3180 two business days in advance.**

Cookies and Carols

Sponsored by Always Best Care

Tuesday, December 12 at 2:00 pm

Once the Chili Cook-Off judging has ended and everyone has enjoyed a bowl of chili, join us for a festive holiday sing-along while munching on delicious cookies. **RSVP by calling 336-992-3180 two business days in advance.**

Lunch Bunch

Panera Bread 970 South Main Street

Wednesday, December 13 at 11:30 am

Make plans and get to know other with light conversation while enjoying lunch at a local restaurant. Bring money for your lunch. Limited seating. **RSVP two business days in advance by calling 336-992-3180.**



**Healthy Holiday Eating
Second Harvest of Northwest
NC Wednesday, December 13
at 3:00 pm**

Second Harvest of Northwest NC presents fun nutrition tips/tricks, in partnership with Share Our Strength's Cooking Matters. Sruthi will cover healthy eating suggestions and ways to make your holiday meals more nutritious. Limited seating. **RSVP by calling 336-992-3180 two business days in advance.**

Easy Yarn Gnome

Thursday, December 14 at 1:00 pm

Learn how to make this easy “no-sew” adorable gnome. Once you start, you will not want to stop. Make a whole family of Gnomes to decorate your tree or adorn your home. All supplies are provided free of charge. **RSVP by calling 336-992-3180 two business days in advance.**

Pen Pals with Student Friends

Thursday, December 14 at 10:00 am

Join us for a morning of fun as we listen to the latest letters from our pen pals from Mrs. Badgett's 4th-grade class at Caleb's Creek Elementary School. We will learn about the students and their experiences through their letters. It is a great way to stay connected with younger generations. Everyone welcome. **RSVP two business days in advance by calling 336-992-3180.**

Holiday Covered Dish Lunch

Sponsored by Arbor Ridge of Kernersville and Kerner Ridge

Friday, December 15 at 11:30 am

celebrate the holidays with a luncheon. This is sure to be a great afternoon of food and fellowship. Encourage all of your fellow Senior Center participants to attend. Help us make this our largest Holiday celebration ever! Bring your favorite side dish, salad, dessert, or drink. Entrée will be provided by *Arbor Ridge and Ridge Care of Kernersville*. **RSVP two business days in advance by calling 336-992-3180.**

Year End Social and Vision Board

Friday, December 29 at 1:00 pm

Sponsored by Oak Street Health

The perfect opportunity to recount, reminisce, and share your thoughts about 2023 and plans for 2024! We will be setting our intentions (making a commitment to ourselves that we will take action) and designing vision boards (a vision board is a collection of images that represent a person's goals, dreams, and aspirations). *Oak Street Health* will lead the program and provide refreshments. **RSVP two business days in advance by calling 336-992-3180.**

Overview of Services and Programs

purpose

compassion

ENRICHMENT

life

Transportation: Provide rides to and from medical appointments.

Friendly Caller: Weekday calls to homebound recipients for a "friendly hello".

Visitation: Provide short visits for socialization and/or longer visits for relieving family caregivers.

Personal Shopper: Pickup, fulfill, & deliver groceries, food pantry requests, and prescriptions.

Project Joy: Procure, arrange, and deliver donated flowers to those suffering illness or loss, celebrating milestones, or just needing a "lift".

Blessing Project: Procure, arrange, and deliver seasonal meals, gifts, goody bags and other necessities to our homebound service recipients.

Handy Person: Provide assistance with minor home repairs inside or outside the home.

Pastoral Counseling: Counseling sessions offered by appointment only with a certified volunteer counselor.

Medicare & Financial Care Counseling: In partnership with other organizations, provide financial & insurance support via phone and in-person appointments with a Financial or Certified SHIIP Counselor.

Caregiver Support Group: Monthly meetings held for caregivers needing support.

Advocacy: Provide meetings and events to raise awareness of elder abuse, neglect, and exploitation in conjunction with local law enforcement.

Legal Aide Consulting: In partnership with Legal Aid of NC, provide legal support with civil matters involving basic human needs such as safety, shelter, income, and more via phone and in-person appointments.

Senior Enrichment Programs: A full-time "Center of Excellence" offering a variety of life enriching activities and classes in: arts, education and enrichment, fun and games, and health and wellness.

Bill Radisch Computer Center for Seniors: Offer one on one computer and other electronic device operational education and assistance.

Equipment Loan Program: Loan out durable medical equipment such as canes, walkers, and wheelchairs for short-term or long-term needs on a renewable basis.

Income Tax Preparation: Free annual income tax return preparation appointments. February through mid-April in partnership with AARP Foundation Tax-Aide Program.

Information & Referrals: Provide a variety of resources for aging and/or disabled adults.

The Shepherd's Center of Kernersville is an interfaith ministry of volunteers which champions and sustains adults who are aging and adults with disabilities.

The Shepherd's Center Of Kernersville Staff

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336-996-6696

Office Hours

Monday - Friday
8:00 am - 4:00 pm

Durable Medical Equipment Loan Closet Donation Guidelines

We accept donations of mobility medical equipment: wheelchairs, rollators, walkers, and canes.

- Equipment must be clean, sanitized and in good working condition.
- We do not accept bedside commodes, toilet lift seats or bath and shower chairs or benches.
- We cannot accept equipment that is not clean, smells musty, or smells heavily of cigarette smoke, some of our clients have respiratory conditions and allergies.

Please call us at 336-992-3180 to notify us ahead of time, before you drop off medical equipment donations or for more information regarding the equipment we accept and loan out.



Easy Ways to Give to The Shepherd's Center with the Harris Teeter VIC Card

Link your **Harris Teeter VIC card** to The Shepherd's Center of Kernersville account (#5447) by going to the customer service desk at Harris Teeter grocery store. We will receive a gift for our Bill Radisch Computer Learning Center when individuals purchase Harris Teeter brands.



Financial information about The Shepherd's Center of Kernersville and a copy of its license are available from the State Solicitation Licensing Branch at 1-888-830-4989 (within North Carolina) or (919) 807-2214 (outside of North Carolina). The license is not an endorsement by the State.